

# Shabbat Shalom from Temple Sinai!

This is for the Kabbalat Shabbat Service  
for Friday, May 8, 2026.

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of *Mishkan T'filah*, our siddur.

## **Shabbat Shalom!**

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# NIGGUN

a wordless melody

as we center ourselves for Shabbat

I begin with a prayer of gratitude  
for all that is holy in my life.

God needs no words, no English or Hebrew,  
no semantics and no services.

But I need them.

Through prayer, I can sense my inner strength,  
my inner purpose,  
my inner joy, my capacity to love.

As I reach upward in prayer,  
I sense these qualities in my Creator.  
To love God is to love each other,  
to work to make our lives better.  
To love God is to love the world God created  
and to work to perfect it.  
To love God is to love dreams of peace and joy  
that illumine all of us,  
and bring that vision to life.

*Baruch atah Adonai*

*Eloheinu, Melech haolam,*

*asher kid'shanu b'mitzvotav,*

*v'tzivanu l'hadlik*

*ner shel Shabbat.*

בָּרוּךְ אַתָּה יְיָ

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ,

וְצִוָּנוּ לְהַדְלִיק

נֵר שֶׁל שַׁבָּת.

Blessed are You, Adonai our God, Sovereign of the universe,  
who hallows us with mitzvot,  
commanding us to kindle the light of Shabbat.

## HINEIH MAH TOV

*Hineih mah tov u'mah na-im*      הִנֵּה מַה-טוֹב וּמַה-נְּעִים  
*Shevet achim/achot gam yachad.*      שֵׁבֶט אֶחָיִם/אֶחָוֹת גַּם-יַחַד.

How good and how pleasant it is that  
brothers and sisters dwell together.

(Psalm 133:1)

## PSALM 95

*L'chu n'ran'na l'Adonai,  
nariyah l'tzur yisheinu.*

*N'kadmah fanav b'todah,  
biz'mirot naria lo.*

*Ki El gadol Adonai,  
uMelech gadol al kol elohim.*

לְכוּ נְרַנְנָה לַיהוָה,

נְרִיעָה לְצוּר יִשְׁעֵנוּ.

נִקְדְּמָה פָּנָיו בְּתוֹדָה,

בְּזִמְרוֹת נְרִיעֵ לוֹ.

כִּי אֵל גָּדוֹל יְיָ,

וּמֶלֶךְ גָּדוֹל עַל כָּל אֱלֹהִים.

Come, let us sing joyously to Adonai, raise a shout for our Rock and Deliverer;  
let us come into God's presence with praise; let us raise a shout for God in song!

For Adonai is a great God, the great ruler of all divine beings.

# L'CHAH DODI

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

(Verse 1)

*Shamor v'zachor b'dibur echad,*      שְׁמֹר וְזָכוֹר בְּדַבָּר אֶחָד,  
*hishmianu El ham'yuchad,*      הִשְׁמִיעֵנוּ אֱלֹהֵי הַמְּיֻחָד,  
*Adonai echad ush'mo echad, l'shem*      יְיָ אֶחָד וּשְׁמוֹ אֶחָד,  
*ul'tiferet v'lit'hilah.*      לְשֵׁם וּלְתִפְאֵרֶת וּלְתִהְלָה.

“Keep” and “remember”: a single command  
the Only God caused us to hear;  
the Eternal is One, God’s Name is One;  
glory and praise are God’s.

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוּדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

(Verse 2)

*Likrat Shabbat l'chu v'neilcha,  
ki hi m'kor hab'rachah,  
meirosh mikedem n'suchah,  
sof maaseh b'machashava t'chilah.*

לְקַרְאֵת שַׁבָּת לְכוּ וְנִלְכָה,  
כִּי הִיא מְקוֹר הַבְּרָכָה,  
מֵרֵאשִׁית מִקֵּדָם נְסוּכָה,  
סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תְּחִלָּה.

Come with me to meet Shabbat,  
forever a fountain of blessing.  
Still it flows, as from the start:  
the last days, for which the first was made.

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוּדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

(Verse 3)

*Mikdash Melech, ir m'luchah,*      מִקְדָּשׁ מֶלֶךְ עִיר מְלוּכָה,  
*kumi tz'l mitoch hahafeichah,*      קוּמִי צְאִי מִתּוֹךְ הַהַפְּיָכָה,  
*rav lach shevet b'emek habacha,*      רַב לָךְ שֵׁבֶת בְּעֵמֶק הַבְּכָא,  
*v'hu yachamol alayich chemlah.*      וְהוּא יַחְמוֹל עָלֶיךָ חֶמְלָה.

Royal shrine, city of kings,  
rise up and leave your ravaged state.

You have dwelt long enough in the valley of tears;  
now God will shower mercy on you.

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוּדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

(Verse 4)

*Hitnaari, mei-afar kumi,*                      הַתְנַעֲרִי, מֵעַפָּר קוּמִי,  
*livshi bigdei tifarteich ami,*                לְבִשִׁי בְּגָדֵי תִפְאַרְתְּךָ, עַמִּי,  
*al yad ben Yishai Beit haLachmi,*        עַל יַד בֶּן יִשָּׁי בֵּית הַלַּחְמִי,  
*karvah el nafshi g'alah.*                    קַרְבָּה אֶל נַפְשִׁי גְאֹלָה.

Lift yourself up! Shake off the dust!  
Array yourself in beauty, O my people!  
At hand is Bethlehem's David, Jesse's son,  
bringing deliverance into my life.

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוּדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

(Verse 5)

*Hitor'ri, hitor'ri,*

*ki va oreich, kumi ori,*

*uri uri shir dabeiri,*

*k'vod Adonai alayich niglah.*

הַתְּעוֹרְרִי הַתְּעוֹרְרִי,

כִּי בָּא אֹרֶךְ קוֹמִי אֹרִי,

עֲוֹרִי עֲוֹרִי שִׁיר דַּבְּרִי,

כְּבוֹד יְיָ עָלֶיךָ נִגְלָה.

Awake, awake,

your light has come!

Arise, shine, awake and sing:

the Eternal's glory dawns upon you.

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

(Verse 6)

*Lo teivoshi v'lo tikalmi,*      לֹא תִבּוֹשִׁי וְלֹא תִכַּלְמִי,  
*mah tishtochachi umah tehemi,*      מַה תִּשְׁתַּוְּחָחִי וּמַה תִּהְיֶהמִי,  
*bach yochesu aniyei ami,*      בַּח יִחְסוּ עַנְיֵי עַמִּי,  
*v'nivn'tah ir al tilah.*      וְנִבְנְתָה עִיר עַל תִּלָּהּ.

An end to shame and degradation  
forget your sorrow; quiet your groans.  
The afflicted of my people find respite in you,  
the city renewed upon its ancient ruins.

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוּדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

(Verse 7)

*V'hayu lim'shisah shosayich,  
v'rachaku kol m'valayich,  
yasis alayich Elohayich,  
kimsos chatan al kalah.*

וְהָיוּ לְמַשְׁסָּה שְׂאֵסִידִי,  
וְרַחֲקוּ כָּל מְבַלְעֵיִי,  
יִשַׁשׁ עָלַי אֱלֹהֵיִי,  
כִּמְשׁוֹשׁ חַתָּן עַל כַּלָּה.

The scavengers are scattered,  
your devourers have fled;  
as a bridegroom rejoices in his bride,  
your God takes joy in you.

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

(Verse 8)

*Yamim usmol tifrotzi,  
v'et Adonai taaritz,  
al yad ish ben partzi,  
v'nism'chah v'nagilah.*

יָמֵן וְשִׁמְאֵל תִּפְרוּצִי,  
וְאֶת־יְיָ תַעֲרִיצִי,  
עַל יַד אִישׁ בֶּן פַּרְצִי,  
וְנִשְׁמַחְתּוּ וְנִגִּילָהּ.

Your space will be broad,  
your worship free:  
await the promised one;  
we will exult, we will sing for joy!

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוּדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

(Verse 9)

*Bo-i v'shalom ateret ba'lah,  
gam b'simcha uv'tzoholah,  
toch emunei am s'gulah,  
bo-i challah, bo-i challah.*

בּוֹאִי בְּשָׁלוֹם עֲטֶרֶת בַּעֲלָהּ,  
גַּם בְּשִׂמְחָה וּבְצִהּלָהּ,  
תּוֹךְ אֲמוּנֵי עַם סִגְלָהּ,  
בּוֹאִי כִלָּה, בּוֹאִי כִלָּה.

Enter in peace, O crown of your husband;  
enter in gladness, enter in joy.  
Come to the people that keeps its faith.  
Enter, O bride! Enter, O bride!

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

## PSALM 92

*Mizmor shir,*

*l'yom HaShabbat.*

*Tov l'hodot l'Adonai*

*ul'zameir l'shimcha elyon.*

*L'hagid babokeir chasdecha,*

*ve-emunat'cha baleilot.*

מִזְמוֹר שִׁיר

לְיוֹם הַשַּׁבָּת .

טוֹב לְהַדוֹת לַיהוָה ,

וּלְזַמֵּר לְשִׁמְךָ עֲלֵיוֹן .

לְהַגִּיד בַּבֹּקֶר חַסְדֶּךָ ,

וּבַלַּיְלוֹת .

A Psalm, a song for Shabbat.

It is good to praise Adonai; to sing hymns to Your name, O Most High,  
to proclaim Your steadfast love at daybreak, Your faithfulness each night,  
with a ten-stringed harp, with voice and lyre together.

*Alei asor vaalei navel*

*alei higayon b'chinor.*

*Ki simachtani Adonai b'fo-alecha*

*b'masei yadecha aranein.*

*Mah gadlu masecha Adonai,*

*m'od amku machsh'votcha.*

עַל־יֶ-עֲשׂוֹר וְעַל־יֶ-נָבֶל ,

עַל־יֶ הַגַּיּוֹן בְּכִנּוֹר .

כִּי שִׂמַחְתָּנִי יְיָ בְּפִעֲלֶיךָ ,

בְּמַעֲשֵׂי יָדֶיךָ אֲרָנִין .

מַה גָּדְלוֹ מַעֲשֵׂיךָ יְיָ ,

מֵאֵד עֲמֻקּוֹ מַחְשְׁבֹתֶיךָ .

You have gladdened me by Your deeds, Adonai;

I shout for joy at Your handiwork.

How great are Your works, Adonai, how very subtle Your designs!

*Yitgadal v'yitkadash sh'meih raba  
b'alma di v'ra chiruteih,  
v'yamlich malchuteih  
b'chayeichon uvyomeichon  
uvchayei d'chol beit Yisrael,  
baagala uvizman kariv,  
v'imru: Amen.*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
בְּעַלְמָא דִּי בְרָא כְרַעוּתָהּ,  
וַיְמַלִּיךְ מַלְכוּתָהּ  
בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,  
בְּעֵגְלָא וּבְזַמַּן קָרִיב,  
וְאָמְרוּ אָמֵן.

Exalted and hallowed be God's great name, in the world which God created, according to plan. May God's majesty be revealed in the days of our lifetime and the life of all Israel – speedily, imminently. To which we say: Amen.

*Y'hei sh'meih raba m'varach  
l'alam ul-almei almaya.*

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ  
לְעַלְמֵם וּלְעַלְמֵי עַלְמֵיָא.

*Yitbarach v'yishtabach, v'yitpaar  
v'yitromam v'yitnasei,  
v'yit-hadar v'yitaleh v'yit-halal  
sh'meih d'kudsha b'rich hu,*

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר  
וְיִתְרוֹמַם וְיִתְנַשֵּׂא,  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל  
שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא,

Blessed be God's great name to all eternity.

Blessed, praised, honored, exalted, extolled, glorified, adored, and  
lauded be the name of the Holy Blessed One,

*l'eila min kol*

*birchata v'shirata,*

*tushb'chata v'nechemata,*

*daamiran b'alma,*

*v'imru: Amen.*

לְעַלְמָא מִן כָּל

בְּרַכְתָּא וְשִׁירָתָא,

תְּשֻׁבָתָא וְנֶחֱמָתָא,

דְּאֲמִירוֹן בְּעַלְמָא,

וְאָמְרוּ: אָמֵן.

Beyond the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort. To which we say: Amen.

*Barchu et Adonai ham'vorach!*

*Baruch Adonai ham'vorach*

*l'olam vaed!*

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ!

בְּרוּךְ יְיָ הַמְּבָרָךְ

לְעוֹלָם וָעֶד!

Praise Adonai to whom praise is due forever!

Praised be Adonai to whom praise is due,

now and forever!

Praise to You, Adonai our God,  
from whom the evening flows.  
Your wisdom sets the way  
on which time and season glide;  
Your breath guides the sail of the stars.  
Creator of the tide of time and light,  
You guide the current of day into night.  
As heaven spans to infinity,  
You set its course for eternity.  
Praise to You, Adonai our God,  
from whom the evening flows.

בָּרוּךְ אַתָּה יְיָ, הַמַּעֲרִיב עֲרָבִים.

*Baruch atah Adonai, hama'ariv aravim.*

*Ahavat olam beit Yisrael*

*amcha ahavta, Torah umitzvot,*

*chukim umishpatim*

*otanu limad'ta.*

*Al kein Adonai Eloheinu,*

*b'shochbeinu uv'kumeinu*

*nasiach b'chukecha,*

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל  
עִמָּךְ אַהֲבָתְךָ, תּוֹרָה וּמִצְוֹת,

חֻקִּים וּמִשְׁפָּטִים

אוֹתָנוּ לְמַדְתָּ.

עַל כֵּן יי אֱלֹהֵינוּ,

בְּשׁוֹכְבֵינוּ וּבְקוּמֵנוּ

נִשְׂיַח בְּחֻקֶיךָ,

Everlasting love you offered Your people Israel by teaching us Torah and mitzvot, laws and precepts. Therefore, Adonai our God, when we lie down and when we rise up, we will meditate on Your laws and Your commandments.

*v'nismach b'divrei Torat'cha*

*uv'mitzvotecha l'olam va-ed.*

*Ki heim chayeinu v'orech yameinu,*

*uvahem neh'geh yomam valailah.*

*V'ahavat'cha al tasir*

*mimenu l'olamim.*

*Baruch atah Adonai,*

*oheiv amo Yisrael.*

וְנִשְׂמַח בְּדִבְרֵי תּוֹרַתְךָ

וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.

כִּי הֵם תַּיִינוּ וְאַרְךָ יָמֵינוּ,

וּבָהֶם נִהְגָה יוֹמָם וְלַיְלָה.

וְאַהֲבַתְךָ אֶל תִּסִּיר

מִמֶּנּוּ לְעוֹלָמִים.

בָּרוּךְ אַתָּה יְיָ,

אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

We will rejoice in Your Torah for ever. Day and night we will reflect on them for they are our life and doing them lengthens our days. Never remove Your love from us. Praise to You, Adonai, who loves Your people Israel.

*Sh'ma, Yisrael:*

*Adonai Eloheinu,*

*Adonai echad!*

*Baruch shem k'vod*

*malchuto l'olam va-ed.*

שְׁמַע יִשְׂרָאֵל,

יְהוָה אֱלֹהֵינוּ,

יְהוָה אֶחָד.

בָּרוּךְ שֵׁם כְבוֹד

מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Hear O Israel, Adonai is our God, Adonai is One!  
Blessed is God's glorious majesty, forever and ever.

*V'ahavta et Adonai Elohecha,  
b'chol l'vavcha uv'chol nafsh'cha  
uv'chol m'odecha. V'hayu had'varim  
ha-eileh asher anochi m'tzav'cha  
hayom al l'vavecha.*

וְאַהֲבַתְּ אֶת יְיָ אֱלֹהֶיךָ,  
בְּכָל לִבְבְּךָ, וּבְכָל נַפְשְׁךָ,  
וּבְכָל מְאֹדְךָ. וְהָיוּ הַדְּבָרִים  
הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְּךָ  
הַיּוֹם, עַל לִבְבְּךָ.

You shall love Adonai your God with all your heart,  
with all your soul, and with all your might.

Take to heart these instructions with which I charge you this day.

*V'shinantam l'vanecha, v'dibarta*

*bam, b'shivt'cha b'veitecha,*

*uv'lecht'cha vaderech,*

*uv'shochb'cha uv'kumecha.*

*Uk'shartam l'ot al yadecha, v'hayu*

*l'totafot bein einecha. Uch'tavtam*

*al m'zuzot beitecha uvish'arecha.*

וּשְׁנַנְתֶּם לְבָנֵיכֶם, וּדְבַרְתֶּם

בָּם, בְּשִׁיבְתְּכֶם בְּבֵיתְכֶם,

וּבְלֶכְתְּכֶם בַּדֶּרֶךְ,

וּבְשֹׁחַבְכֶם, וּבְקוּמְכֶם.

וּקְשַׁרְתֶּם לְאוֹת עַל יָדְכֶם, וְהָיוּ

לְטֹטְפוֹת בֵּין עֵינֵיכֶם. וּכְתַבְתֶּם

עַל מְזוֹזוֹת בֵּיתְכֶם וּבְשַׁעְרֵיכֶם.

Impress them upon your children. Recite them when you stay at home and when you are away, when you lie down and when you get up. Bind them as a sign on your hand and let them serve as a symbol on your forehead; inscribe them on the doorposts of your house and on your gates.

*L'maan tizk'ru, vaasitem et*

*kol mitzvotai, vih'yitem k'doshim*

*l'Eloheichem. Ani Adonai Eloheichem,*

*asher hotzeiti et-chem mei-eretz*

*Mitzrayim lih'yot lachem l'Elohim*

*ani Adonai Eloheichem.*

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת  
כָּל מִצְוֹתַי, וְהֵייתֶם קְדוֹשִׁים  
לֵאלֹהֵיכֶם. אֲנִי יְיָ אֱלֹהֵיכֶם,  
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ  
מִצְרַיִם, לֵהֵיוֹת לָכֶם לֵאלֹהִים,  
אֲנִי יְיָ אֱלֹהֵיכֶם.

Thus you shall remember to observe all My commandments and to be holy to your God. I am Adonai, your God, who brought you out of the land of Egypt to be your God: I am Adonai your God.

All this we hold to be true and trustworthy for us.  
You alone are our God, and we are Israel Your people.  
You are our Sovereign and Savior,  
who delivers us from oppressors' hands  
and saves us from the tyrants' fists.  
You work wonders without number, marvels beyond count.  
You give us life and steady our footsteps.

You performed miracles for us before Pharaoh,  
signs and wonders in the land of the Egyptians;  
You led Your people Israel out from their midst to freedom for all time.  
When Your children witnessed Your dominance  
they praised Your Name in gratitude.  
And they accepted Your sovereignty –  
Moses, Miriam and all Israel saying to You together,  
lifting their voices joyously:

*Mi chamochah ba'eilim, Adonai,*

*Mi kamochah nedar bakodesh,*

*nora t'hilot, oseih fele!*

מִי כְּמֹכָה בְּאֵלִים יְיָ,

מִי כְּמֹכָה נְדָר בַּקֹּדֶשׁ,

נֹרָא תְהִלָּת, עֹשֶׂה פִלְא.

Who is like You, O God, among the gods that are worshipped?

Who is like You, majestic in holiness,  
awesome in splendor, working wonders?

*Malchut'cha ra-u vanecha,*

*bokei-a yam lifnei Moshe.*

*Zeh Eli, anu v'amru,*

*Adonai yimloch l'olam va-ed!*

מִלְכוּתְךָ רָאוּ בְּנֵי יִשְׂרָאֵל,  
בּוֹקֵעַ יָם לְפָנֵי מֹשֶׁה,  
זֶה אֱלֹהֵי עַמּוֹ וְאָמְרוּ:  
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

Your children witnessed Your sovereignty,  
the sea splitting before Moses and Miriam.

“This is our God!” they cried.

“Adonai will reign forever and ever!”

*V'ne-emar:* וְנֵאמָר:  
*ki fadah Adonai et Yaakov,* כִּי פָדָה יי אֶת יַעֲקֹב,  
*ug'alo miyad chazak mimenu.* וּגְאָלוֹ מִיַּד חֲזָק מִמֶּנּוּ.  
*Baruch atah, Adonai, gaal Yisrael.* בָּרוּךְ אַתָּה יי, גֹּאֵל יִשְׂרָאֵל.

Thus it is said, “Adonai redeemed Jacob,  
from a hand stronger than his own.”

Praised are You, Adonai, for redeeming Israel.

Give us a place to rest, Adonai, our God.  
Bring us into shelter  
in the soft, long, evening shadows of Your truth.  
For with You are true protection and safety,  
and in Your Presence are acceptance and gentle love.  
Watch over us as we go forth.  
Prepare for us as we return.  
Spread over us Your shelter of peace,  
over all we love – over our Jerusalem and Yours.

בָּרוּךְ אַתָּה, יְיָ, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ  
וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָּיִם.

*Baruch atah Adonai, haporeis sukat shalom aleinu  
v'al kol amo Yisrael v'al Yerushalayim.*

*V'shamru v'nei Yisrael et HaShabbat,  
laasot et HaShabbat l'dorotam  
b'rit olam.*

*Beini u'vein b'nei Yisrael  
ot hi l'olam,  
ki sheishet yamim asah Adonai  
et hashamayim v'et haaretz,  
u'vayom hashvi-i shavat vayinafash.*

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,  
לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתָם  
בְּרִית עוֹלָם.

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל  
אֹת הִיא לְעוֹלָם,  
כִּי שֵׁשֶׁת יָמִים עָשָׂה יי  
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,  
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

The people of Israel shall keep Shabbat,  
observing Shabbat throughout the ages as a covenant for all time.

It is a sign for all time between Me and the people of Israel.

For in six days Adonai made heaven and earth,  
and on the seventh day God ceased from work and was refreshed.

*Adonai, s'fatai tiftach,  
ufi yagid t'hilatecha.*

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח,  
וּפִי יַגִּיד תְּהִלָּתְךָ.

Adonai, open up my lips,  
that my mouth may declare Your praise.

*Baruch atah, Adonai Eloheinu*

*v'Elohei avoteinu v'imoteinu,*

*Elohei Avraham, Elohei Yitzchak,*

*v'Elohei Yaakov, Elohei Sarah,*

*Elohei Rivkah, Elohei Rachel*

*v'Elohei Leah.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,  
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי  
יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,  
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,  
אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה.

Blessed are You, Adonai our God, God of our fathers and our mothers.

God of Abraham, God of Isaac, and God of Jacob, God of Sarah,

God of Rebecca, God of Rachel, and God of Leah.

*Ha-El hagadol hagibor v'hanora,*

*El elyon, gomeil chasadim tovim,*

*v'konei hakol, v'zocheir*

*chasdei avot v'imahot,*

*umeivi g'ulah liv'nei v'neihem*

*l'maan sh'mo b'ahavah.*

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,

אֵל עֶלְיוֹן, גּוֹמֵל חַסְדִּים טוֹבִים,

וְקוֹנֵה הַכּוֹל, וְזוֹכֵר

חַסְדֵי אָבוֹת וְאִמּוֹת,

וּמְבִיא גְאֻלָּה לְבְנֵי בְנֵיהֶם,

לְמַעַן שְׁמוֹ בְּאַהֲבָה.

the great, mighty and awesome God, transcendent God who bestows loving kindness, creates everything out of love, remembers the love of our fathers and mothers, and brings redemption to their children's children for the sake of the Divine Name.

*Melech ozeir umoshia umagein.*      מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגִּין.  
*Baruch atah Adonai,*      בָּרוּךְ אַתָּה יְיָ,  
*magein Avraham v'ezrat Sarah.*      מַגִּין אַבְרָהָם וְעֲזֵרַת שָׂרָה.

Sovereign, Deliverer, Helper and Shield,  
Blessed are You, Adonai,  
Sarah's Helper, Abraham's Shield.

*Atah gibor l’olam, Adonai,  
m’chayeih hakol [meitim] atah,  
rav l’hoshia.*

*Morid hatal.*

אַתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי,  
מְחַיֶּה הַכֹּל (מֵיַתִּים) אַתָּה,  
רַב לְהוֹשִׁיעַ.

מֹרֵיד הַטַּל.

You are forever mighty, Adonai;  
You give life to all (revive the dead).  
and have a great ability to save.  
You rain dew upon us.

*M’chalkeil chayim b’chesed*

*m’chayei hakol [meitim]*

*b’rachamim rabim,*

*someich noflim,*

*v’rofei cholim,*

*umatir asurim,*

מְכַלְכֵּל חַיִּים בְּחֶסֶד,

מְחַיֶּה הַכֹּל (מֵיָתִים)

בְּרַחֲמִים רַבִּים,

סוֹמֵךְ נוֹפְלִים,

וְרוֹפֵא חוֹלִים,

וּמַתִּיר אֲסוּרִים,

You sustain life through love, giving life to all (reviving the dead)  
through great compassion, supporting the fallen, healing the sick,  
freeing the captive,

*um'kayeim emunato lisheinei afar,*

*Mi chamochah baal g'vurot*

*umi domeh lach, Melech meimit*

*um'chayeh umatzmiach y'shuah.*

*V'ne-eman atah*

*l'hachayot hakol (meitim).*

וּמְקַיִם אֱמוּנָתוֹ לִישְׁנֵי עָפָר,

מִי כְמוֹךָ בַּעַל גְּבוּרוֹת

וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית

וּמַחְיֶה וּמַצְמִיחַ יְשׁוּעָה.

וְנֶאֱמָן אַתָּה

לְהַחְיֹת הַכֹּל (מֵתִים).

keeping faith with those who sleep in the dust.

Who is like You, Source of mighty acts? Who resembles You,  
a Sovereign who takes and gives life, causing deliverance to spring up  
and faithfully giving life to all (reviving that which is dead)?

בָּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַכּוֹל (הַמֵּתִים).

*Baruch atah Adonai, m'chayeih hakol (hameitim).*

Blessed are You, Adonai, who gives life to all (who revives the dead).

*Atah kadosh v'shimcha kadosh*

*uk'doshim b'chol yom*

*y'hal'lucha, selah.*

*Baruch atah, Adonai,*

*Ha-El hakadosh.*

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,

וְקְדוֹשִׁים בְּכָל יוֹם

יְהַלְלוּךָ סֵלָה.

בָּרוּךְ אַתָּה, יי,

הָאֵל הַקָּדוֹשׁ.

You are holy, Your name is holy,  
and those who are holy praise you every day.

Blessed are You, Adonai, the holy God.

We take a moment  
for silent prayer.

If you have your own copy of the siddur,  
please continue silently to page 62.

*Shalom rav al Yisrael amcha  
tasim l'olam, ki atah  
hu Melech Adon l'chol hashalom.  
V'tov b'einecha l'vareich et  
amcha Yisrael b'chol eit uv'chol  
shaah bish'lomecha.*

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ  
תְּשִׂים לְעוֹלָם, כִּי אַתָּה  
הוּא מֶלֶךְ אֲדוֹן לְכָל  
הַשְׁלוֹם. וְטוֹב בְּעֵינֶיךָ  
לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל  
בְּכָל עֵת וּבְכָל שָׁעָה  
בְּשָׁלוֹמְךָ.

Grant abundant peace to Israel Your people forever, for You are the Sovereign God of all peace. May it be pleasing to You to bless Your people Israel in every season and moment with Your peace.

*Baruch atah Adonai,  
ham'vareich et amo Yisrael  
bshalom.*

בָּרוּךְ אַתָּה יְיָ,  
הַמְבַרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל  
בְּשָׁלוֹם.

Blessed are You Adonai, who blesses Your people Israel with peace.

Assemble the people, men, women, and children,  
and the strangers in your cities,  
to hear, to learn, to revere Adonai your God,  
to observe faithfully the words of this Torah.  
And let their children, who do not yet know it, hear,  
that they, too, may learn to revere Adonai your God.

*Ki mitziyon teitzei Torah,  
udvar Adonai miY'rushalayim.*

כִּי מִצִּיּוֹן תֵּיצֵא תּוֹרָה,  
וּדְבַר יְיָ מִירוּשָׁלַיִם.

From out of Zion will come the Torah,  
and the word of Adonai from Jerusalem.

*Baruch shenatan Torah  
l'amo Yisrael bikdushato.*

בָּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ  
יִשְׂרָאֵל בְּקִדְשׁוֹ.

Blessed is God who in holiness gave  
the Torah to the people Israel.

*Sh'ma Yisrael, Adonai Eloheinu,  
Adonai Echad!*

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ,  
יְיָ אֶחָד.

Hear, O Israel, Adonai is our God,  
Adonai is One.

*Echad eloheinu,  
gadol Adoneinu,  
kadosh sh'mo.*

אֶחָד אֱלֹהֵינוּ,  
גָּדוֹל אֲדוֹנֵנוּ,  
קָדוֹשׁ שְׁמוֹ.

Our God is One,  
Adonai is great,  
holy is God's name.

*Gadlu l'Adonai iti,  
un'rom'mah sh'mo yachdav.*

גְּדֹלוֹ לַיְיָ אֱתִי,  
וְנִרְוֶמְמָה שְׁמוֹ יַחְדָּו.

Exalt Adonai with me,  
let us extol God's name together.

*L'cha, Adonai, hag'dulah,  
v'hag'vurah, v'hatiferet,  
v'haneitzach, v'hahod—  
ki-chol bashamayim uvaaretz.  
L'cha, Adonai, hamamlachah  
v'hamitnasei, l'chol l'rosh.*

לְךָ, יְיָ, הַגְּדֹלָה  
וְהַגְּבוּרָה, וְהַתְּפִאָּרֶת,  
וְהַנִּצָּחַת, וְהַהוֹד,  
כִּי־כֹל בַּשָּׁמַיִם וּבָאָרֶץ.  
לְךָ, יְיָ, הַמַּמְלָכָה  
וְהַמִּתְנַשֵּׂא, לְכֹל לְרֹאשׁ.

Yours, Adonai, is the greatness, might, splendor, triumph,  
and majesty—yes, all that is in heaven and on earth;  
To You, Adonai, belong sovereignty and preeminence above all.

*Al sh'loshah d'varim*

*haolam omeid:*

*al HaTorah v'al haavodah*

*v'al g'milut chasadim.*

עַל שְׁלֹשָׁה דְּבָרִים

הָעוֹלָם עוֹמֵד:

עַל הַתּוֹרָה וְעַל הָעֲבוֹדָה

וְעַל גְּמִילוּת חֲסָדִים.

The world is sustained by three things:

Torah, worship and loving deeds.

*Bar'chu et Adonai ham'vorach.* בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ.  
*Baruch Adonai ham'vorach l'olam va-ed.* בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.  
*Baruch atah, Adonai* בָּרוּךְ אַתָּה, יְיָ  
*Eloheinu, Melech haolam,* אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
*asher bachar banu mikol haamim,* אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים,  
*v'natan lanu et Torato.* וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.  
*Baruch atah, Adonai, notein haTorah.* בָּרוּךְ אַתָּה, יְיָ, נוֹתֵן הַתּוֹרָה.

Bless Adonai who is blessed.

Blessed is Adonai who is blessed now and forever.

Blessed are You, Adonai our God, Sovereign of the universe,  
who has chosen us from among the people, and given us the Torah.

Blessed are You, Adonai, who gives the Torah.

<sup>32</sup>All tithes of the herd or flock—of all that passes under the shepherd’s staff, every tenth one—shall be holy to the Eternal. <sup>33</sup>One must not look out for good as against bad, or make substitution for it. If one does make substitution for it, then it and its substitute shall both be holy: it cannot be redeemed.

<sup>34</sup>These are the commandments that the Eternal gave Moses for the Israelite people on Mount Sinai.

<sup>32</sup> וְכָל-מַעֲשֵׂר בְּקָרֶךָ וְצֹאֵן כָּל  
אֲשֶׁר-יַעֲבֹר תַּחַת הַנֶּשֶׁבֶט הַקֹּדֶשׁ יִרְי

יִהְיֶה-קֹדֶשׁ לַיהוָה: <sup>33</sup> לֹא יִבְקֹר

בֵּין-טוֹב לְרָע וְלֹא יִמְיָרְנוּ

וְאִם-הֵמָּר יִמְיָרְנוּ וְהָיָה-הוּא

וּתְמוֹרְתוֹ יִהְיֶה-קֹדֶשׁ לֹא יִגָּאֵל:

<sup>34</sup> אֵלֶּה הַמִּצְוֹת אֲשֶׁר צִוָּה יְיָ

אֶת-מֹשֶׁה אֶל-בְּנֵי יִשְׂרָאֵל בְּהַר

סִינַי:

*Baruch atah, Adonai*

*Eloheinu, Melech haolam,*

*asher natan lanu Torat emet,*

*v'chayei olam nata b'tocheinu.*

*Baruch atah, Adonai, notein haTorah.*

בָּרוּךְ אַתָּה, יְיָ

אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

וְחַיֵּי עוֹלָם נָטַע בְּתוֹכָנוּ.

בָּרוּךְ אַתָּה, יְיָ, נוֹתֵן הַתּוֹרָה.

Blessed are You, Adonai our God, Sovereign of the universe,  
who has given us a Torah of truth, implanting within us eternal life.

Blessed are You, Adonai, who gives the Torah.

*Mi shebeirach avoteinu v'imoteinu,*

*Avraham, Yitzchak v'Yaakov,*

*Sarah, Rivkah, Rachel v'Lei-ah,*

*hu y'vareich et [name] ben/bat [parents]*

*baavur she-alah/she-altah*

*lich'vot HaMakom, lich'vod haTorah.*

מִי שֶׁבִּרַךְ אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,

אַבְרָהָם, יִצְחָק וְיַעֲקֹב,

שָׂרָה, רִבְקָה, רָחֵל וְלֵאָה,

הוּא יְבָרַךְ אֶת [name] בֶּן/בַּת [parents]

בְּעִבּוּר שְׁעָלָה/שְׁעָלָתָה

לְכָבוֹד הַמָּקוֹם, וְלְכָבוֹד הַתּוֹרָה.

May the One who blessed our ancestors, Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah, bless [name] son/daughter of [parents], since he/she has come up to the Torah in honor of God and Torah.

*Bis'char zeh HaKodosh Baruch Hu*

*yishm'reihu/hishm'rehah*

*v'yatzileihu/v'yatzilehah*

*mikol tzarah v'tzukah umikol nega umachalah,*

*v'yishlach b'rachah v'hatzlachah*

*v'chol maaseh Yadav/yadeha,*

*im kol Yisrael. V'nomar: Amen.*

בְּשִׁכַר זֶה הַקָּדוֹשׁ בְּרוּךְ הוּא

יִשְׁמְרֵהוּ/יִשְׁמְרֶהָ

וַיַּצִּילֵהוּ/וַיַּצִּילֶהָ

מִכָּל צָרָה וְצוּקָה וּמִכָּל נֶגַע וּמַחֲלָה,

וַיִּשְׁלַח בְּרַכָּה וְהַצְלָחָה

בְּכָל מַעֲשֵׂה יָדָיו/יָדֶיהָ,

עִם כָּל יִשְׂרָאֵל. וְנֹאמַר: אָמֵן.

May he/she merit from the Holy One of Blessing protection, rescue from any trouble or distress, and from any illness, minor or serious; may God send blessing and success in his/her every endeavor, together with all Israel, and let us say, Amen.

*Mi shebeirach avoteinu*

*M'kor hab'rachah l'imoteinu.*

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ

מִקּוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ.

May the source of strength, who blessed the ones before us,  
Help us find the courage to make our lives a blessing,  
and let us say, Amen.

*Mi shebeirach imoteinu*

*M'kor habrachah laavoteinu.*

מִי שֶׁבֵרַךְ אִמּוֹתֵינוּ

מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

Bless those in need of healing with *r'fuah sh'leimah*,  
The renewal of body, the renewal of spirit,  
And let us say, Amen.

*V’zot HaTorah*

*asher sam Mosheh*

*lif’nei b’nei Yisrael,*

*al pi Adonai b’yad Mosheh.*

וְזֹאת הַתּוֹרָה

אֲשֶׁר שָׂם מֹשֶׁה

לְפָנֵי בְנֵי יִשְׂרָאֵל,

עַל פִּי יְיָ בְּיַד מֹשֶׁה.

This is the Torah which Moses placed  
before the people of Israel,  
God’s word through the hand of Moses.

When Torah entered the world, freedom entered it.

The whole Torah exists only to establish peace.

Its highest teaching is love and kindness.

What is hateful to you, do not do to any person.

That is the whole Torah; all the rest is commentary. Go and learn it.

Those who study Torah are the true guardians of civilization.

Honoring one another, doing acts of kindness,  
And making peace: these are our highest duties.  
But the study of Torah is equal to them all,  
Because it leads to them all.

Let us learn in order to teach.

Let us learn in order to do!

*Ki lekach tov natati lachem,*

*Torati al taazovu.*

*Eitz chayim hi lamachazikim bah,*

*v'tom'cheha m'ushar.*

*D'racheha darchei no-am,*

*v'chol n'tivoteha shalom.*

*Hashiveinu Adonai eilecha v'nashuvah,*

*chadeish yameinu k'kedem.*

כִּי לָקַח טוֹב נָתַתִּי לָכֶם:

תּוֹרַתִּי אֶל תַּעֲזוּבוּ.

עֵץ חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ,

וְתַמְכֶיהָ מֵאֲשָׁר.

דַּרְכֶיהָ דַּרְכֵי נֹעַם,

וְכָל נְתִיבוֹתֶיהָ שָׁלוֹם.

הַשִּׁיבֵנו יְיָ אֱלֹהֵינוּ וְנָשׁוּבָה,

חַדֵּשׁ יָמֵנו כְּקֵדֶם.

For I have give you good instruction; do not abandon My Torah.

It is a Tree of Life for those who hold fast to it,

and all its supporters are happy.

Its ways are ways of pleasantness, and all its paths are peace.

Return us to You, Adonai, and we will return; renew our days as of old.

# D'var Torah

Rabbi Benjamin Zober

*Aleinu l'shabei-ach laadon hakol,*

*lateit g'dulah l'yotzeir b'reishit,*

*shelo asanu k'goyei haaratzot,*

*v'lo samanu k'mishp'chot haadamah.*

*Shelo sam chelkeinu kahem,*

*v'goraleinu k'chol hamonam.*

עֲלֵינוּ לְשִׁבְחָהּ לְאֲדוֹן הַכֹּל,  
לְתַת גְּדֻלָּהּ לְיוֹצֵר בְּרֵאשִׁית,

שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,  
וְלֹא שָׂמְנוּ כְּמִשְׁפְּחוֹת הָאָדָמָה.

שֶׁלֹא שָׂם חֵלְקֵנוּ כִּהֵם,  
וְגָרְלָנוּ כְּכָל־הַמּוֹנִים.

Let us now praise the Sovereign of the universe, and proclaim the greatness of the Creator who has set us apart from the other families of the earth, giving us a destiny unique among the nations.

*Vaanachnu kor'im  
umishtachavim umodim,  
lifnei Melech  
mal'chei hamlachim  
HaKadosh Baruch Hu.*

וַאֲנַחְנוּ כּוֹרְעִים  
וּמִשְׁתַּחֲוִים וּמוֹדִים,  
לְפָנַי מֶלֶךְ,  
מַלְכֵי הַמְּלָכִים  
הַקָּדוֹשׁ בְּרוּךְ הוּא.

We bend the knee and bow,  
acknowledging the supreme Sovereign,  
the Holy One of Blessing.

Let the time not be distant, O God,  
when all shall turn to You in love,  
when corruption and evil shall give way to integrity and goodness,  
when superstition shall no longer enslave the mind,  
nor idolatry blind the eye.

O may all, created in Your image,  
become one in spirit and one in friendship,  
forever united in Your service.

Then shall Your realm be established on earth,  
and the word of Your prophet fulfilled:  
“Adonai will reign for ever and ever.”

*V'ne-emar, v'hayah Adonai*

*l'Melech al kol Haaretz.*

*Bayom hahu yih'yeh*

*Adonai echad ush'mo echad.*

וְנֵאמַר, וְהָיָה יְיָ  
לְמֶלֶךְ עַל כָּל הָאָרֶץ.

בַּיּוֹם הַהוּא יִהְיֶה

יְיָ אֶחָד, וּשְׁמוֹ אֶחָד.

Thus it has been said, Adonai  
will be Sovereign over all the earth.

On that day, Adonai will be one,  
and God's Name will be one.”

*Zichronam livrachah —*

— זְכוֹרֹנָם לְבִרְכָה

May their memories be a blessing.

*Yitgadal v'yitkadash sh'meih raba,*

*b'alma di v'ra chiruteih.*

*V'yamlich malchuteih*

*b'chayeichon uvyomeichon,*

*uvchayei d'chol-beit Yisrael,*

*baagala uvizman kariv.*

*V'imru: Amen.*

*Y'hei sh'meih raba m'varach*

*l'alam ul-almei almaya.*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

בְּעַלְמָא דִּי בְּרָא כְרַעוּתָהּ,

וְיַמְלִיךְ מַלְכוּתָהּ

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזִמְן קָרִיב,

וְאָמְרוּ אָמֵן.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלַם וּלְעַלְמֵי עַלְמֵיָא.

*Yitbarach v'yishtabach v'yitpaar*

*v'yitromam v'yitnasei*

*v'yit-hadar v'yitaleh v'yit-halal*

*sh'meih d'kudsha, B'rich Hu,*

*l'eila min kol*

*birchata v'shirata,*

*tushb'chata v'nechemata,*

*daamiran b'alma.*

*V'imru: Amen.*

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵיהּ דְּקֻדְשָׁא בְּרִיךְ הוּא,

לְעֵלָּא מִן כָּל

בִּרְכָתָא וְשִׁירָתָא,

תְּשֻׁבָתָא וְנֶחֱמָתָא,

דְּאֲמִירוֹן בְּעֵלְמָא.

וְאָמְרוּ: אָמֵן.

*Y'hei sh'lama raba min sh'maya,*

*v'chayim aleinu v'al kol-Yisrael.*

*V'imru: Amen.*

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָא,

וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.

וְאָמְרוּ: אָמֵן.

*Oseh shalom bimromav,*

*hu yaaseh shalom aleinu*

*v'al kol-Yisrael*

*V'imru: Amen.*

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,

הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ

וְעַל כָּל יִשְׂרָאֵל.

וְאָמְרוּ: אָמֵן.

May the Source of peace send peace to all who mourn,  
and comfort to all who are bereaved. Amen.

# Announcements

// Friday, May 8 //

-- 7:30 pm Kabbalat Shabbat Service

## ✦✦ The Hands and Hearts of Shabbat

Shabbat is a gift we create together, and we are especially grateful for those sharing their time and talents this Friday. Our thanks go to **Jill Flanzraich** (Board Member) for accompanying our prayers on the piano, **Laura Smith** (Board 2nd VP) for offering a warm welcome at our doors, and **Michael Gorden** (Board 1st VP) for hosting our community via livestream. We also thank our **anonymous Renewal Oneg Challenge donor** for their generous sponsorship of this week's Oneg. *Todah Rabbah* for helping our community shine.

-- Yism'zoom (for those who are online)

Virtual Oneg with live video on Zoom after service. Visit **[SinaiReno.org/LIVE](https://SinaiReno.org/LIVE)** for details to participate.

To host an in-person Oneg at Temple Sinai, sign up at **[SinaiReno.org/Oneg](https://SinaiReno.org/Oneg)**.

// Saturday, May 9 //

-- 10:00 am Torah Study with Rabbi Sara Zober via Zoom. Visit **[SinaiReno.org/TorahStudy](https://SinaiReno.org/TorahStudy)** for information.

// Sunday, May 10 //

-- No Sinai School or Family T'filah (Mother's Day)

# Announcements

(Continued)

// Wednesday, May 13 //

-- 7:00 pm Board Meeting via Zoom (All Sinai members welcome.)

// Friday, May 15 // *Yom Yerushalayim*

-- 7:30 pm Kabbalat Shabbat Service with the Oneg Shabbat sponsored by Michael and Perian Cohen in memory of Michael's father, Oritsur Cohen, on his 1st Yahrzeit

// Saturday, May 16 //

-- 10:00 am Torah Study via Zoom

// Sunday, May 17 //

-- 9:30 am 8th Grade Mitzvah (Optional Volunteering)

-- 9:30 am Sinai School Last Day & Picnic in the Park

-- 1:00 pm Novel Noshers

// Tuesday, May 19 //

-- 12:00 pm Lunch with the Rabbis

-- 7:00 pm Crafter Schmooze

// Thursday-Friday, May 21-22 //  
*Erev Shavuot*

-- URJ Small Congregations Tikkun Leil Shavuot -

Starts: 5:00 pm PT on Thursday, May 21  
Ends: 9 am PT on Friday, May 22

# Announcements

(Continued)

// Friday, May 22 // Shavuot

-- 6:00 pm Kids Ice Cream Shavuot  
Celebration at Northgate Park (6450  
Moon Ridge Terrace, Reno)

-- 7:30 pm Shabbat Shavuot Service &  
Cheesecake Oneg at Temple Sinai (Bring  
your favorite cheesecake to share!)

// Saturday, May 23 //

-- 10:00 am Torah Study via Zoom

// Sunday, May 24 //

-- 11:30 am 8th Grade Social Outing

// Monday, May 25 //

-- Temple Office Closed (Memorial Day)

// Friday, May 29 //

-- 6:00 pm Shabbat Under the Stars  
(Northgate Park, 6450 Moon Ridge  
Terrace, Reno) with a special Oneg  
Shabbat hosted by Tova McGilvray in  
honor of Barbara Weinberg as she moves  
to Oregon

// Saturday, May 30 //

-- 10:00 am Torah Study via Zoom

// Tuesday, June 2 //

-- 12:00 pm Lunch with the Rabbis

# Announcements

(Continued)

// Friday, June 5 //

-- 5:30 pm Tot Shabbat (in person only)

-- 6:00 pm Shabbat Potluck (Visit [SinaiReno.org/Potluck](http://SinaiReno.org/Potluck) to sign up.)

// Saturday, June 6 //

-- 10:00 am Bar Mitzvah of Eli Bader

// Volunteers Needed //

Volunteer to chant Torah at our Shabbat service! No experience needed. Practice recordings available. Contact **Laura Smith** ([jpc@sinaireno.org](mailto:jpc@sinaireno.org)) to sign up.

// Livestream Tech Team //

If you are interested in joining the Shabbat livestream tech team, please contact **Michael Gorden** ([vp@sinaireno.org](mailto:vp@sinaireno.org)).

// Renewal Oneg Challenge //

Accept our “Renewal Oneg Challenge” and sign up to host or sponsor an Oneg Shabbat. Visit [SinaiReno.org/Oneg](http://SinaiReno.org/Oneg) for details.

// Sinai Library //

To browse the collection, please visit [SinaiReno.org/Catalog](http://SinaiReno.org/Catalog). To access our virtual collection or browse our upcoming events, visit [SinaiReno.org/Library](http://SinaiReno.org/Library). Questions? Email [Library@SinaiReno.org](mailto:Library@SinaiReno.org).

# Announcements

(Continued)

## Support Us by Donating via...

- Credit Card: [SinaiReno.org/Donate](http://SinaiReno.org/Donate)
- Check: Temple Sinai, 3405 Gulling Road, Reno, NV 89503

## Staying In Touch...

As always, you can contact Temple Sinai and stay in touch through the Temple Office, email, our website, on Facebook, and on Instagram.

Contact Mike in the Temple office at [admin@sinaireno.org](mailto:admin@sinaireno.org) or 775-747-5508 to have a name added to our Mi Shebeirach list. Also, contact Mike if you are not already on our email list and would like to receive our updates, or visit [SinaiReno.org/newsletter](http://SinaiReno.org/newsletter) and click the link to add your name.

## Become a Temple Member...

- Email our Membership Chair at [Membership@SinaiReno.org](mailto:Membership@SinaiReno.org)
- Visit our Membership page at: [SinaiReno.org/Membership](http://SinaiReno.org/Membership)
- Rabbi Benjamin Zober - 775-629-6011, [rabbibenjamin@sinaireno.org](mailto:rabbibenjamin@sinaireno.org)
- Rabbi Sara Zober - 775-629-6159, [rabbisara@sinaireno.org](mailto:rabbisara@sinaireno.org)
- Tova McGilvray, President – 775-223-9519, [president@sinaireno.org](mailto:president@sinaireno.org)
- Mike Stombaugh, Temple Administrator - 775-747-5508, [admin@sinaireno.org](mailto:admin@sinaireno.org)

Additional information can be found online at:

**[www.SinaiReno.org](http://www.SinaiReno.org)**

*Y’did nefesh, av harachaman,  
m’shoch avd’cha el r’tzonecha.*

*Yarutz avd’cha k’mo ayal  
yishtachaveh el mul hadarecha.*

*Ye-erav lo y’didutecha  
minofet tzuf v’chol taam.*

יְדִיד נֶפֶשׁ אָב הַרְחָמָן  
מִשׁוֹחַ עַבְדְּךָ אֶל רְצוֹנְךָ.  
יָרוּץ עַבְדְּךָ כְּמוֹ אַיִל  
יִשְׁתַּחֲוֶה מִלֵּל הַדָּרְךָ.  
יַעֲרַב לוֹ יְדִידוּתְךָ  
מִנֹּפֶת צוּף וְכֹל טַעַם.

Heart’s delight, Source of mercy, draw Your servant into Your arms.

I leap like a deer to stand in awe before You.

Your love is sweeter to me than the taste of honey.

*Hadur na-eh, ziv haolam,  
nafshi cholat ahavatecha.*

*Ana El, na r'fa na lah,  
b'harot lah no-am zivecha.*

*Az titchazeik v'titrapei,  
v'hay'tah lah simchat olam.*

הַדּוֹר נֶאֱהָ, זִיּוֹ הָעוֹלָם,  
נַפְשִׁי חוֹלַת אֲהַבְתְּךָ:  
אֲנִי אֵל נָא, רַפֵּא נָא לָהּ,  
בְּהַרְאוֹת לָהּ נֶעֱם זִיּוֹךְ.  
אֲזַ תִּתְחַזֵּק וְתִתְרַפֵּא,  
וְהָיְתָה לָךְ שִׂמְחַת עוֹלָם.

World's light, shining glory, my heart and faint for love of You.

Heal it, O God; help my heart; show me your radiant splendor.

Let me return to strength and have joy for ever.

*Vatik yehemu na rachamecha,  
v’chusah na al ben ahuvecha.*

*Ki zeh kamah nichsof nichsafti  
lirot b’tiferet uzecha.*

*Ana, Eli, chemdat libi,  
chusah na v’al titalam.*

וְתִיק יְהֵמוּ נָא רַחֲמֶיךָ,  
וְחֹסֶה נָא עַל בֶּן אֲהוּבֶיךָ.  
כִּי זֶה כַּמָּה נִכְסֹף נִכְסַפְתִּי  
לִרְאוֹת בְּתִפְאֶרֶת עֵינֶיךָ.  
אָנָּה אֵלֵי תִמְדַּת לְבִי,  
חֹסֶה נָא וְאַל נָא תִתְעַלֶּם.

Have compassion, O Faithful One, pity for your beloved child.

How long have I hoped to see Your glorious might.

O God, my heart’s desire, have pity and hold back no more.

*Higaleh na, ufros, chavivi alai,*      הַגִּלֵּה נָא, וּפְרוֹשׁ חֲבִיבִי עָלַי,  
*et sukkat sh’lomecha.*                      אֶת סִכַּת שְׁלוֹמְךָ.

*Ta-ir eretz mik’vodecha;*                      תֵּאִיר אֶרֶץ מְכַבֹּדְךָ:  
*nagilah v’nism’chah bach.*                      נִגְיֵלָה וְנִשְׁמַחָה בְּךָ.

*Maheir, ahuv, ki va mo-eid,*                      מֵהֵר אָהוּב, כִּי בָא מוֹעֵד,  
*v’choneinu kimei olam.*                      וְחַנּוּנֵי כִימֵי עוֹלָם.

Show Yourself, Beloved, and cover me with the shelter of Your peace.  
Light up the world with Your Presence so we may exult and rejoice in You.  
Hurry, Loved One, the appointed time has come.  
Show us grace as long ago.

*Baruch atah Adonai*

*Eloheinu Melech haolam,*

*borei p’ri hagafen.*

*Baruch atah Adonai*

*Eloheinu Melech haolam,*

*asher kid’shanu b’mitzvotav*

בָּרוּךְ אַתָּה יְיָ

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

בוֹרֵא פְרֵי הַגָּפֶן.

בָּרוּךְ אַתָּה יְיָ

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו

Praise to You, Adonai our God, Sovereign of the universe,  
Creator of the fruit of the vine.

Praise to You, Adonai our God, Sovereign of the universe who,  
finding favor with us, sanctified us with mitzvot,

*V'ratzah vanu,*

וְרָצָה בָּנוּ,

*V'shabbat kodsho b'ahavah*

וְשַׁבַּת קֹדֶשׁוֹ בְּאַהֲבָה

*Uv'ratzon hinchilanu*

וּבְרָצוֹן הִנְחִילָנוּ

*Zikaron l'maaseh v'reishit,*

זְכוֹרֹן לַמַּעֲשֵׂה בְּרֵאשִׁית,

*Ki hu yom t'chilah*

כִּי הוּא יוֹם תְּחִלָּה

*L'mikra-ei kodesh,*

לְמִקְרָאֵי קֹדֶשׁ,

In love and favor,

You made the holy Shabbat our heritage  
as a reminder of the work of Creation.

As first among our sacred days,

*Zeicher l'tzi-at Mitzrayim,  
Ki vanu vacharta v'otanu  
Kidashta mikol ha-amim,  
V'shabbat kodsh'cha b'ahavah  
Uv'ratzon hinchaltanu.  
Baruch atah Adonai  
M'kadeish hashabbat.*

זְכוֹר לִיצִיאַת מִצְרָיִם,  
כִּי בָנוּ בְחַרְתָּ וְאוֹתָנוּ  
קִדְשָׁתָּ מִכָּל הָעַמִּים,  
וְשַׁבַּת קִדְשְׁךָ בְּאַהֲבָה  
וּבְרָצוֹן הִנַּחְתָּנוּ.  
בָּרוּךְ אַתָּה יְיָ,  
מְקַדֵּשׁ הַשַּׁבָּת.

It recalls the Exodus from Egypt. You chose us and set us apart from the peoples. In love and favor You have given us Your holy Shabbat as an inheritance. Praise to You, Adonai, who sanctifies Shabbat.

## HAMOTZI

*Baruch atah, Adonai Eloheinu,*

*Melech haolam,*

*hamotzi lechem min haaretz.*

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ,

מֶלֶךְ הָעוֹלָם,

הַמּוֹצֵיא לֶחֶם מִן הָאָרֶץ.

Our praise to You, Adonai our God, Sovereign of the universe,  
who brings forth bread from the earth.

SHABBAT SHALOM

from Temple Sinai!

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